



Healthy Today For a Healthy Future





Introductions

What We'll Cover Today

Get Healthy!

Maybe a
baby?

Healthy
Pregnancy

Take Care of
Mom and
Baby

Review and
Wrap Up

- Basics tips to get healthy and stay that way
- What you need to know before you get pregnant (things every woman should learn)
- Important facts for a safe and healthy pregnancy
- Taking care of yourself and your baby



Introductions

First Step to Health: Check Up

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Review and
Wrap Up

- See your doctor or find a doctor
- Discuss your health and get answers:
 - Identify health problems
 - Discuss family history
 - Talk about your plans for the future
 - Any medications you are on
 - Immunizations you may need
- Get a GYN or well woman exam
- Don't forget your teeth! Get a dental exam



Are You a Healthy Size?

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Review and
Wrap Up

- Health problems associated with being overweight
 - Diabetes
 - Heart disease
 - Hypertension
- What is the right weight?
- Body Mass Index (BMI)
$$\frac{\text{Weight in pounds}}{\text{Height in inches} \times \text{Height in inches}} \times 703$$

Underweight 18.5 and below

Overweight 25 to 29.9 above 30 obese



Healthy or Unhealthy?

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Review and
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- Cigarettes or second hand smoke
- Illegal drugs of any kind
- Prescription drugs
- Alcohol abuse
- Family planning and condom use
- Hand washing
- Untreated depression
- Good Nutrition and exercise



What every woman should know:



- As many as 50% of all pregnancies are unplanned
- Many problems that occur with babies happen even before the mother knows she is pregnant
 - If you're a woman of child bearing age and sexually active, it is important to know what to do now to have healthy babies in the future

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Why Folic Acid is Important

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- Taking folic acid daily decreases the risk of some birth defects by 80%
- Folic acid is found in most daily vitamin supplements (400 mcg)
- Foods that contain folic acid
 - Green leafy vegetables
 - Peas and beans
 - Breads and cereals fortified with folic acid
- Best results take a supplement in combination with a diet that contains folic acid rich foods



Your Own Personal Health Plan

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- Do you hope to have any (more) children?
 - How many children do you hope to have?
 - How long do you plan to wait until you (next) become pregnant?
 - What do you plan to do until you are ready to become pregnant?
 - What can you do **today** to help you achieve your plan?
 - Are you in good health?
-  – Are your immunizations current and consistent with a safe pregnancy?



More planning questions...

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- Do you have a support system?
-  Have you thought about the costs?
- Will you need childcare?
-  Are you (and your partner) emotionally and financially ready?
- How stressful is your life? Your work?
- Is your home environment child-friendly?



Thinking about getting pregnant?

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90% of all couples conceive a baby within one year

- Take folic acid every day!



Don't eat raw or undercooked meats

- Wash all fresh fruits and vegetables
- Limit caffeine



Pregnancy risk with being overweight or underweight

- Avoid hazardous chemicals
 - Lead based paint
 - Cleaning products
 - Pesticides



You're Pregnant!

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- Get a doctor's appointment and start prenatal care right away
- If you haven't been taking folic acid, start!
- This is your pregnancy and your body, you may choose who and when you tell
- Find out about resources available to you:
 - At work
 - At school
 - At Church
 - In the community



Introductions

What Every Pregnant Woman Should Know


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- No alcohol, drugs or cigarettes
- Eat healthy and nutritious foods
 - Don't eat Swordfish, Shark, Tilefish, King mackerel (any large fish)
 - Always wash raw fruits and vegetables
 -  Do not eat undercooked or raw meat, fish, poultry or eggs
 - Do not eat any unpasturized foods
 - Limit or eliminate caffeine
- Try and reduce your stress
- Miscarriages happen



Prematurity and Pre-Term Labor

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- Leading cause of late term loss and early infant death
- Pre-term labor can be very serious for mom's health, too
- Trust your gut if something feels wrong
-  Get prompt medical attention
- Medications available that can
 - Slow or stop premature labor
 - Help develop baby's lungs and brain



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Know the Signs (of Preterm Labor)

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- Contractions (your abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding from your vagina)
- Pelvic pressure—the feeling that your baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Abdominal cramps with or without diarrhea



Introductions

Taking Care of Mommy and Baby

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Review and
Wrap Up

- Breastfeeding
- Your Mind
 - Stress
 - Postpartum
- Taking time for yourself
- Your Body
 - Your weight
 - Your future



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Taking Care of Mommy and Baby


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Review and
Wrap Up

- Birth spacing
 -  At least 18 months
 - Benefits of proper spacing
- Shaken Baby Syndrome
- SIDS
 - Smoking and Second Hand Smoke
 - Co-sleeping
 - Back to sleep



A Quick Review

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**Review and
Wrap Up**

- **Get Healthy**
 - See a doctor or get one
 - Your weight
 - Healthy and unhealthy behaviors
- **Need to Know Before Pregnancy**
 - 50% pregnancies unplanned
 - 400 mc/day of Folic Acid prevents 80% of some birth defects
 - Make a health plan!



Introductions

A Quick Review

Get Healthy!

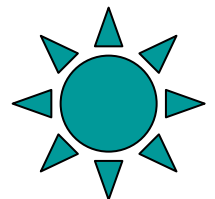
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**Review and
Wrap Up**

- **Pregnancy**
 - Early prenatal care
 - Healthy and unhealthy behaviors
 - Know the signs
- **Taking Care of Mommy and Baby**
 - Breastfeeding
 - Mind and Body
 - Birth Spacing
 - SIDS





Questions and Resources

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**Review and
Wrap Up**

- Any questions?
- Resource List handout
- Don't forget your Post-Test!

Thank you very much for coming!